Child and Adolescent Needs and Strengths (CANS)

for

Indiana

INITIAL ASSESSMENT Children and Youth 5 to 17

Manual

Copyright, 1999 Buddin Praed Foundation

A large number of individuals have collaborated in the development of the CANS-Comprehensive Along with the CANS versions for developmental disabilities, juvenile justice, and child welfare, this information integration tool is designed to support individual case planning and the planning and evaluation of service systems. The CANS-Comprehensive is an open domain tool for use in service delivery systems that address the mental health of children, adolescents and their families. The copyright is held by the Buddin Praed Foundation to ensure that it remains free to use. For specific permission to use please contact the Foundation. For more information on the CANS-Comprehensive, CANS Initial Assessment or CANS Reassessment tools contact:

John S. Lyons, Ph.D.,

Mental Health Services and Policy Program
Northwestern University
710 N. Lakeshore Drive, Abbott 1206
Chicago, Illinois 60611
(312) 908-8972
Fax (312) 503-0425
JSL329@northwestern.edu

Betty Walton, Ph.D.

Family Social Services Administration Division of Mental Health and Addiction Indianapolis, IN Betty.Walton@fssa.in.gov

> Buddin Praed Foundation 558 Willow Road Winnetka, Illinois 60093 <u>buddinpraed@yahoo.com</u> www.buddinpraed.org

The CANS Initial Assessment is a referral tool to support decision making about level of need for children and families seeking services. It supports the rapid and consistent communication of the needs of children who are to be served through Indiana's children's System of Care. It is intended to be completed by the individuals who are directly involved with the initial identification and referral. The initial assessment tool documents identified needs to support care referral and planning decisions and to ensure that the child and family receive appropriate services.

This tool is designed from a communication theory perspective. As such, the indicators are selected to represent the key information needed in order to decide the appropriate type and intensity of services. For each indicator, four levels are anchored in order to translate the indicator into a level of action. For each item, these four levels can be generally translated into the following:

- **0** indicates no evidence or no reason to believe that the rated item requires any action.
- 1 indicates a need for watchful waiting, monitoring or possibly preventive action.
- 2 indicates a need for action. Some strategy is needed to address the problem/need.
- 3 indicates a need for immediate or intensive action. This level indicates an immediate safety concern or a priority for intervention.

In order to enhance the reliability of the tool, anchor points have been designed to facilitate the translation of levels of each indicator into the four action levels described above. It should be noted that these anchor points represent guidelines. Since it is not feasible to exhaustively define all circumstances that might fit a particular level, the assessor may use some clinical judgment to determine the rating when no clear choice is obvious. This judgment should be guided by a decision on the appropriate level of action required for the specific indicator.

A primary goal of this tool is to further communication with both the individual child and family and Indiana's system of care. As such, consistency and reliability in the use of the CANS Initial Assessment form is a priority. Therefore, formal training and certification are required prior to any staff completing this tool for an actual assessment and referral.

CODING DEFINITIONS

CHILD BEHAVIORAL/EMOTIONAL NEEDS

Check	PSYCHOSIS Please rate based on the past 30 days
0	No evidence
1	History or suspicion of hallucinations, delusions or bizarre behavior that might be associated with some form of psychotic disorder.
2	Clear evidence of hallucinations, delusions or bizarre behavior that might be associated with some form of psychotic disorder.
3	Clear evidence of dangerous hallucinations, delusions, or bizarre behavior that might be associated with some form of psychotic disorder which places the child or others at risk of physical harm.

Check	IMPULSIVITY/HYPERACTIVITY Please rate based on the past 30 days
0	No evidence
1	Some problems with impulsive, distractible or hyperactive behavior that places the child
	at risk of future functioning difficulties.
2	Clear evidence of problems with impulsive, distractible, or hyperactive behavior that
	interferes with the child's ability to function in at least one life domain.
3	Clear evidence of a dangerous level of impulsive behavior that can place the child at risk
	of physical harm.

Check	DEPRESSION Please rate based on the past 30 days
0	No evidence
1	History or suspicion of depression or mild to moderate depression associated with a recent negative life event with minimal impact on life domain functioning.
2	Clear evidence of depression associated with either depressed mood or significant irritability. Depression has interfered significantly in child's ability to function in at least one life domain.
3	Clear evidence of disabling level of depression that makes it virtually impossible for the child to function in any life domain.

Check	ANXIETY Please rate based on the past 30 days
0	No evidence
1	History or suspicion of anxiety problems or mild to moderate anxiety associated with a
	recent negative life event.
2	Clear evidence of anxiety associated with either anxious mood or significant fearfulness.
	Anxiety has interfered significantly in child's ability to function in at least one life
	domain.
3	Clear evidence of debilitating level of anxiety that makes it virtually impossible for the
	child to function in any life domain.

Check	OPPOSITIONAL Please rate based on the past 30 days
0	No evidence
1	History or recent onset (past 6 weeks) of defiance towards authority figures.
2	Clear evidence of oppositional and/or defiant behavior towards authority figures, which is currently interfering with the child's functioning in at least one life domain. Behavior causes emotional harm to others.
3	Clear evidence of a dangerous level of oppositional behavior involving the threat of
	physical harm to others.

Check	CONDUCT Please rate the highest level from the past 30 days
0	No evidence
1	History or suspicion of problems associated with antisocial behavior including but not
	limited to lying, stealing, manipulating others, sexual aggression, violence towards people, property or animals.
2	Clear evidence of antisocial behavior including but not limited to lying, stealing, manipulating others, sexual aggression, violence towards people, property, or animals.
3	Evidence of a severe level of conduct problems as described above that places the child or
	community at significant risk of physical harm due to these behaviors.

Check	ADJUSTMENT TO TRAUMA Please rate based on the past 30 days
0	No evidence
1	History or suspicion of problems associated with traumatic life event/s.
2	Clear evidence of adjustment problems associated with traumatic life event/s. Adjustment
	is interfering with child's functioning in at least one life domain.
3	Clear evidence of symptoms of Post Traumatic Stress Disorder, which may include
	flashbacks, nightmares, significant anxiety, and intrusive thoughts of trauma experience.

Check	ANGER CONTROL Please rate based on the past 30 days
0	No evidence of any significant anger control problems.
1	Some problems with controlling anger. Child may sometimes become verbally aggressive when frustrated. Peers and family may be aware of and may attempt to avoid stimulating angry outbursts.
2	Moderate anger control problems. Child's temper has gotten him/her in significant trouble with peers, family and/or school. Anger may be associated with physical violence. Others are likely quite aware of anger potential.
3	Severe anger control problems. Child's temper is likely associated with frequent fighting that is often physical. Others likely fear him/her.

Check	SUBSTANCE USE Please rate the highest level from the past 30 days
0	No evidence
1	History or suspicion of substance use.
2	Clear evidence of substance abuse that interferes with functioning in any life domain.
3	Child requires detoxification OR is addicted to alcohol and/or drugs. Include here a child/youth who is intoxicated at the time of the assessment (i.e., currently under the influence).

Check	EATING DISTURBANCE Please rate the highest level from the past 30 days
0	No evidence of eating disturbance
1	Mild level of eating disturbance. This could include some preoccupation with weight,
	calorie intake, or body size or type when of normal weight or below weight. This could
	also include some binge eating patterns.
2	Clear evidence of eating disturbance. This could include a more intense preoccupation
	with weight gain or becoming fat when underweight, restrictive eating habits or excessive
	exercising in order to maintain below normal weight, and/or emaciated body appearance.
	This level could also include more notable binge eating episodes that are followed by
	compensatory behaviors in order to prevent weight gain (e.g., vomiting, use of laxatives,
	excessive exercising). This child may meet criteria for a DSM-IV Eating Disorder
	(Anorexia or Bulimia Nervosa). Food hoarding also would be rated here.
3	Eating disturbance is disabling. This could include significantly low weight where
	hospitalization is required or excessive binge-purge behaviors (at least once per day).

CHILD RISK BEHAVIORS

Check	SUICIDE RISK Please rate the highest level from the past 30 days
0	No evidence
1	History but no recent ideation or gesture.
2	Recent ideation or gesture but not in past 24 hours.
3	Current ideation and intent OR command hallucinations that involve self-harm.

Check	SELF-MUTILATION Please rate the highest level from the past 30 days
0	No evidence
1	History of self-mutilation.
2	Engaged in self-mutilation that does not require medical attention.
3	Engaged in self-mutilation that requires medical attention.

Check	OTHER SELF HARM Please rate the highest level from the past 30 days
0	No evidence of behaviors other than suicide or self-mutilation that place the child at risk of physical harm.
1	History of behavior other than suicide or self-mutilation that places child at risk of physical harm. This includes reckless and risk-taking behavior that may endanger the child.
2	Engaged in behavior other than suicide or self-mutilation that places him/her in danger of physical harm. This includes reckless behavior or intentional risk-taking behavior.
3	Engaged in behavior other than suicide or self-mutilation that places him/her at immediate risk of death. This includes reckless behavior or intentional risk-taking behavior.

Check	DANGER TO OTHERS Please rate the highest level from the past 30 days
0	No evidence
1	History of homicidal ideation, physically harmful aggression or fire setting that has put self or others in danger of harm.
2	Recent homicidal ideation, physically harmful aggression, or dangerous fire setting but not in past 24 hours.
3	Acute homicidal ideation with a plan or physically harmful aggression OR command hallucinations that involve the harm of others. Or, child set a fire that placed others at significant risk of harm.

Check	SEXUAL AGGRESSION Please rate the highest level from the past 30 days
0	No evidence of any history of sexually aggressive behavior. No sexual activity with younger children, non-consenting others, or children not able to understand consent.
1	History of sexually aggressive behavior (but not in past year) OR sexually inappropriate behavior in the past year that troubles others such as harassing talk or excessive masturbation.
2	Child is engaged in sexually aggressive behavior in the past year but not in the past 30 days.
3	Child has engaged in sexually aggressive behavior in the past 30 days.

Check	RUNAWAY Please rate the highest level from the past 30 days
0	No evidence
1	History of runaway from home or other settings involving at least one overnight absence, at least 30 days ago.
2	Recent runaway behavior or ideation but not in past 7 days.
3	Acute threat to runaway as manifest by either recent attempts OR significant ideation

about running away OR child is currently a runaway.
about fullling away OR clind is culterly a fullaway.

Check	DELINQUENCY Please rate the highest level from the past 30 days
0	No evidence
1	History of delinquency but no acts of delinquency in past 30 days.
2	Recent acts of delinquency.
3	Severe acts of delinquency that places others at risk of significant loss or injury or place
	child at risk of adult sanctions.

Check	FIRE SETTING Please rate the highest level from the past 30 days
0	No evidence
1	History of fire setting but not in the past six months.
2	Recent fire setting behavior (in past six months) but not of the type that has endangered
	the lives of others OR repeated fire-setting behavior over a period of at least two years
	even if not in the past six months.
3	Acute threat of fire setting. Set fire that endangered the lives of others (e.g. attempting to
	burn down a house).

Check	SOCIAL BEHAVIOR Please rate the highest level from the past 30 days
0	No evidence of problematic social behavior. Child does not engage in behavior that
	forces adults to sanction him/her.
1	Mild level of problematic social behavior. This might include occasional inappropriate
	social behavior that forces adults to sanction the child. Infrequent inappropriate comments
	to strangers or unusual behavior in social settings might be included in this level.
2	Moderate level of problematic social behavior. Child is intentionally engaging in
	problematic social behavior that is causing problems in his/her life. Child is intentionally
	getting in trouble in school, at home, or in the community.
3	Severe level of problematic social behavior. This level would be indicated by frequent
	serious social behavior that forces adults to seriously and/or repeatedly sanction the child.
	Social behaviors are sufficiently severe that they place the child at risk of significant
	sanctions (e.g. expulsion, removal from the community)

Check	BULLYING
0	Youth has never engaged in bullying at school or in the community.
1	Youth has been involved with groups that have bully other youth either in school or the
	community; however, youth has not had a leadership role in these groups.
2	Youth has bullied other youth in school or community. Youth has either bullied the other
	youth individually or led a group that bullied youth
3	Youth has repeated utilized threats or actual violence to bully youth in school and/or
	community.

LIFE DOMAIN FUNCTIONING

Check	FAMILY Please rate the highest level from the past 30 days
0	Child is doing well in relationships with family members.
1	Child is doing adequately in relationships with family members although some problems
	may exist. For example, some family members may have some problems in their
	relationships with child.
2	Child is having moderate problems with parents, siblings and/or other family members.
	Frequent arguing, difficulties in maintaining any positive relationship may be observed.
3	Child is having severe problems with parents, siblings, and/or other family members.
	This would include problems of domestic violence, constant arguing, etc.

Check	LIVING SITUATION Please rate the highest level from the past 30 days
0	No evidence of problem with functioning in current living environment.
1	Mild problems with functioning in current living situation. Caregivers concerned about
	child's behavior at home.
2	Moderate to severe problems with functioning in current living situation. Child has
	difficulties maintaining his/her behavior in this setting creating significant problems for
	others in the residence.
3	Profound problems with functioning in current living situation. Child is at immediate risk
	of being removed from living situation due to his/her behaviors.

Check	SCHOOL Please rate the highest level from the past 30 days
0	Child is performing well in school.
1	Child is performing adequately in school although some problems may exist.
2	Child is experiencing moderate problems with school attendance, behavior, and/or
	achievement.
3	Child is experiencing severe problems in school with school attendance, behavior and/or
	achievement.

Check	SOCIAL FUNCTIONING Please rate the highest level from the past 30 days
0	Child has positive social relationships.
1	Child is having some minor problems in social relationships
2	Child is having some moderate problems with his/her social relationships.
3	Child is experiencing severe disruptions in his/her social relationships.

Check	RECREATION Please rate the highest level from the past 30 days
0	Child has and enjoys positive recreation activities on an ongoing basis.
1	Child is doing adequately with recreational activities although some problems may exist.
2	Child is having moderate problems with recreational activities. Child may experience
	some problems with effective use of leisure time.
3	Child has no access to or interest in recreational activities. Child has significant
	difficulties making use of leisure time.

Check	DEVELOPMENTAL Please rate the highest level from the past 30 days
0	Child has no developmental problems.
1	Child has some problems with physical immaturity or there are concerns about possible
	developmental delay. Child may have low IQ.
2	Child has developmental delays or mild mental retardation.
3	Child has severe and pervasive developmental delays or profound mental retardation.

Check	COMMUNICATION Please rate the highest level from the past 30 days
0	Child's receptive and expressive communication appears developmentally appropriate.
	There is no reason to believe that the child has any problems communicating.
1	Child has receptive communication skills but limited expressive communication skills
2	Child has both limited receptive and expressive communication skills.
3	Child is unable to communicate.

Check	JUDGMENT Please rate the highest level from the past 30 days
0	No evidence of problems with judgment or poor decision making that result harm to
	development and/or well-being.
1	History of problems with judgment in which the child makes decisions that are in some
	way harmful to his/her development and/or well-being. For example, a child who has a
	history of hanging out with other children who shoplift.
2	Problems with judgment in which the child makes decisions that are in some way harmful
	to his/her development and/or well-being.
3	Problems with judgment that place the child at risk of significant physical harm.

Check	JOB FUNCTIONING Please rate the highest level from the past 30 days
0	Youth is excelling in a job environment.
1	Youth is functioning adequately in a job environment.
2	Youth has problems with his/her development of vocational or prevocational skills.
3	Youth is having major difficulties functioning in a job environment.
NA	Child/youth is not working.

Check	LEGAL Please rate the highest level from the past 30 days
0	Child has no known legal difficulties.
1	Child has a history of legal problems but currently is not involved with the legal system.
2	Child has some legal problems and is currently involved in the legal system.
3	Child has serious current or pending legal difficulties that place him/her at risk for a court
	ordered out of home placement.

Check	MEDICAL Please rate the highest level from the past 30 days
0	Child is healthy.
1	Child has some medical problems that require medical treatment.
2	Child has chronic illness that requires ongoing medical intervention.
3	Child has life threatening illness or medical condition.

Check	PHYSICAL Please rate the highest level from the past 30 days
0	Child has no physical limitations.
1	Child has some physical condition that places mild limitations on activities. Conditions such as impaired hearing or vision would be rated here. Rate here, treatable medical conditions that result in physical limitations (e.g. asthma).
2	Child has physical condition that notably impacts activities. Sensory disorders such as blindness, deafness, or significant motor difficulties would be rated here.
3	Child has severe physical limitations due to multiple physical conditions.

Check	SLEEP Please rate the highest level from the past 30 days
0	Child gets a full night's sleep each night.
1	Child has some problems sleeping. Generally, child gets a full night's sleep but at least once a week problems arise. This may include occasionally wakening or bed wetting or nightmares.
2	Child is having problems with sleep. Sleep is often disrupted and child seldom obtains a full night of sleep
3	Child is generally sleep deprived. Sleeping is difficult for the child and they are not able to get a full night's sleep.

Check	RELATIONSHIP PERMANENCE Please rate the highest level from the past 30 days.
	This rating refers to the stability of significant relationships in the child or youth's life.
	This likely includes family members but may also include other individuals.
0	This level indicates a child who has very stable relationships. Family members, friends,
	and community have been stable for most of child's life and are likely to remain so in the
	foreseeable future. Child is involved with both parents.
1	This level indicates a child who has had stable relationships but there is some concern
	about instability in the near future (one year) due to transitions, illness, or age. A stable
	relationship with only one parent may be rated here.
2	This level indicates a child has had at least one stable relationship over his/her lifetime but
	has experienced other instability through factors such as divorce, moving, removal from
	home, and death.
3	This level indicates a child who does not have any stability in relationships with any
	caregiver. Independent living or adoption must be considered.

CAREGIVER NEEDS & STRENGTHS

Check	PHYSICAL Please rate the highest level from the past 30 days
0	Caregiver is generally healthy.
1	Caregiver is in recovery from medical/physical problems.
2	Caregiver has medical/physical problems that interfere with their capacity to parent.
3	Caregiver has medical/physical problems that make it impossible for them to parent at this
	time.

Check	MENTAL HEALTH Please rate the highest level from the past 30 days			
0	Caregiver has no mental health needs.			
1	Caregiver is in recovery from mental health difficulties.			
2	Caregiver has some mental health difficulties that interfere with their capacity to parent.			
3	Caregiver has mental health difficulties that make it impossible for them to parent at this			
	time.			

Check	SUBSTANCE USE Please rate the highest level from the past 30 days
0	Caregiver has no substance use needs.
1	Caregiver is in recovery from substance use difficulties.
2	Caregiver has some substance use difficulties that interfere with their capacity to parent.
3	Caregiver has substance use difficulties that make it impossible for them to parent at this
	time.

Check	DEVELOPMENTAL Please rate the highest level from the past 30 days		
0	Caregiver has no developmental needs.		
1	Caregiver has developmental challenges but they do not currently interfere with parenting.		
2	Caregiver has developmental challenges that interfere with their capacity to parent.		
3	Caregiver has severe developmental challenges that make it impossible for them to parent		
	at this time.		

Check	SAFETY Please rate the highest level from the past 30 days			
0	Household is safe and secure. Child is at no risk from others.			
1	Household is safe but concerns exist about the safety of the child in his/her neighborhood.			
2	Child is in some danger from one or more individuals who have access to the household.			
3	Child is in immediate danger from one or more individuals with unsupervised access.			

Check	SUPERVISION Please rate the highest level from the past 30 days		
0	Caregiver has good monitoring and discipline skills.		
1	Caregiver provides generally adequate supervision. May need occasional help or		
	technical assistance.		
2	Caregiver reports difficulties monitoring and/or disciplining child. Caregiver needs		
	assistance to improve supervision skills.		
3	Caregiver is unable to monitor or discipline the child. Caregiver requires immediate and		
	continuing assistance. Child is at risk of harm to self due to absence of supervision.		

Check	INVOLVEMENT with CARE Please rate the highest level from the past 30 days		
0	Caregiver is able to act as an effective advocate for child.		
1	Caregiver has history of seeking help for child. Caregiver is open to receiving support, education, and information.		
2	Caregiver does not wish to participate in services and/or interventions intended to assist child.		
3	Caregiver wishes for child to be removed from their care.		

Check	KNOWLEDGE Please rate the highest level from the past 30 days			
0	Caregiver is knowledgeable about the child's needs and strengths.			
1	Caregiver is generally knowledgeable about the child but may require additional			
	information to improve their capacity to parent.			
2	Caregiver has clear need for information to improve how knowledgeable they are about			
	the child. Current lack of information is interfering with their ability to parent.			
3	Caregiver has knowledge problems that place the child at risk of significant negative			
	outcomes.			

Check	ORGANIZATION Please rate the highest level from the past 30 days		
0	Caregiver is well organized and efficient.		
1	Caregiver has minimal difficulties with organizing and maintaining household to support needed services. For example, may be forgetful about appointments or occasionally fails to return case/care manager calls.		
2	Caregiver has moderate difficulty organizing and maintaining household to support needed services.		
3	Caregiver is unable to organize household to support needed services.		

Check	SOCIAL RESOURCES Please rate the highest level from the past 30 days				
0	Caregiver has significant family and friend social network that actively helps with raising				
	the child (e.g., child rearing).				
1	Caregiver has some family or friend social network that actively help with raising the				
	child (e.g. child rearing).				
2	Caregiver has some family or friend social network that may be able to help with raising				
	the child (e.g., child rearing).				
3	Caregiver has no family or social network that may be able to help with raising the child				
	(e.g. child rearing).				

Check	RESIDENTIAL STABILITY Please rate the highest level from the past 30 days		
0	Caregiver has stable housing for the foreseeable future.		
1	Caregiver has relatively stable housing but either has moved in the past three months or		
	there are indications of housing problems that might force them to move in the next three		
	months.		
2	Caregiver has moved multiple times in the past year. Housing is unstable.		
3	Caregiver has experienced periods of homelessness in the past six months.		

Check	FAMILY STRESS Please rate the highest level from the past 30 days			
0	Caregiver able to manage the stress of child/children's needs			
1	Caregiver has some problems managing the stress of child/children's needs.			
2	Caregiver has notable problems managing the stress of child/children's needs. This stress			
	interferes with their capacity to give care.			
3	Caregiver is unable to manage the stress associated with child/children's needs. This			
	stress prevents caregiver from parenting.			

Child's Name:		Date of Birth		
CHILD BEHAV	IORAL/EMOTIONAL NEEDS	CHILD RISK BEHAVIORS		
0=no evidence 1=history or sub-threshold, watch/prevent 2=causing problems, consistent with diagnosable disorder 3=causing severe/dangerous problems U=unknown		0=no evidence 1=history, watch/prevent 2=recent, act 3=acute, act immediately U=unknown		
Psychosis Impulse/Hyper Depression Anxiety Oppositional Conduct Adj. to Trauma Anger Control Substance Use Eating Disturbance	0 1 2 3 U 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Self-Mutilation O O Other Self Harm O O Danger to Others O O Sexual Aggression O O Runaway O O Delinquency O O Fire Setting O O	2 3 U 0	
LIFE DOMAIN FUNCTIONING		LIFE DOMAIN FUNCTI	LIFE DOMAIN FUNCTIONING	
Family Living Situation School Social Functionin Recreation Developmental Communication Judgment	0 1 2 3 U O O O O O O O O O O O O O O O	Job Functioning Legal Medical Physical Sleep Relationship Permanence	0 1 2 3 U O O O O O O O O O O O O O O O O O O O	
CAREGIVER N	EEDS & STRENGTHS	O Not applicable – no careg	jiver identified	
0=no evidence 1=some need, watch/prevent 2=moderate need, act 3=severe need, act immediately/intensively U=unknown		0=strength 1=some need 2=moderate need, act 3=severe need, act immediat U=unknown		
Physical Mental Health Substance Use Developmental Safety Supervision	0 1 2 3 U 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Involvement with Care Knowledge Organization Social Resources Residential Stability Family Stress	0 1 2 3 U 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	